

Tall ships ahoy

Halifax gearing up for tall ships festival this summer
PAGE 4



'FIGHTING MY FIGHT'

T.J. GRANT STRONGER AND
WISER HEADING INTO UFC BOUT PAGE 20



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Tuesday, May 15, 2012



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Will race for mayor end up a 'coronation'?

Frontrunner. Mike Savage says he's not resting on laurels despite huge lead in poll



ALEX BOUTILIER
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Mike Savage says a comfortable lead in the polls will not affect how he runs his campaign for mayor.

Savage was responding to a new poll, released by Corporate Research Associates on Monday, that puts support for the former Liberal MP at 69 per cent of decided voters.

That is 54 percentage points ahead of his nearest competitor, retired detective Tom Martin.

But despite this huge lead in the poll, Savage said nothing will change and he still intends to put forward an aggressive campaign.

"It's a great opportunity to talk about where Halifax can be, and I intend to continue that discussion," Savage said Monday. "I intend to put forward some ideas that I want

to discuss with the citizens of HRM. That doesn't change, that's always been my plan."

Savage's lead in the polls comes as no surprise. Even before he declared his intention to run, CRA had him ahead of incumbent Mayor Peter Kelly, who announced earlier this year he will not be offering in October's election.

Savage is up 16 points from the last survey three months ago when Kelly was still in the running.

The natural play for a frontrunner is to tone down the campaign and not "mess it up," according to Dalhousie University political scientist Jack Novack.

"What I hope is that (the campaign) is still a debate about the issues, and not simply going to be a coronation," Novack said. "The tendency when you've got that kind of commanding lead is to not mess it up and play it safe."

Novack said Savage's name recognition undoubtedly contributed to the huge lead, but noted there's still time before October for that advantage to be levelled out. And, of course, polls can be wrong — sometimes drastically so.

The poll surveyed 400 voting-aged residents from HRM between May 2 to 8 and is considered accurate within 4.9 percentage points.

Poll support of decided voters

- Mike Savage: 69%
- Tom Martin: 15%
- Fred Connors: 11%
- Matthew Worona: 3%
- Vince Hall: 1%



Mike Savage
PHILIP CROUCHER/
METRO

* The survey found almost four in 10 HRM residents as either undecided or preferring none of the candidates.



FORMER PRIEST PLEADS GUILTY TO ABUSE

PAGE 6

Former priest Albert LeBlanc leaves the Yarmouth courthouse on Monday morning, prior to pleading guilty to sexually abusing six young boys dating back several decades. He will be sentenced in August. TINA COMEAU/YARMOUTH VANGUARD

Dartmouth rebranded

Campaign launched to turn around downtown PAGE 3

77-day hunger strike to end

Palestinian prisoners win concessions from Israel PAGE 8

No sleep for Brooklyn

Model-turned-actress getting lots of film gigs PAGE 12



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Positive ID. Human remains belong to missing person: Police

Halifax Regional Police say a missing man dating back eight years has been identified as the person whose remains were found in a hiking trail near Kearney Lake this month.

Ray Peter O'Connell, who was reported missing in June 2004 at the age of 33, has been positively identified by the province's medical examiner.

"At this point we're not treating the death as suspicious," said police spokesman Const. Brian Palmeter, adding an official cause of death hasn't been determined.

On May 6 at 11 a.m., a hiker called 911 regarding human remains being found in a new hiking trail near Fox Lake.

In police's missing person report on O'Connell, it says the five-foot-10, 140-pound man was last seen in the Cork Street area of Halifax on June 8, 2004. The report says O'Connell may have been travelling by mountain bike, and was known to frequent the areas of Susie and Quarrie lakes.

Palmeter said several searches were done in specific wooded areas of HRM since O'Connell went missing, including most recently in 2008. But the searches came up with nothing.

"We would hope this would provide a little closure for them (now)," Palmeter said, referring to the victim's family. **PHILIP CROUCHER**

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Tim Olive, executive director of the Downtown Dartmouth Business Commission, chats with Premier Darrell Dexter prior to Monday's launch at Alderney Landing. **PHILIP CROUCHER/METRO**

Downtown Dartmouth entirely rebranded

Campaign. Strong business community, King's Wharf project credited for renewed interest in the area

**ALEX
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Don't call it the Dark Side.

The Downtown Dartmouth Business Commission unveiled a new marketing initiative on Monday attempting to rebrand their district.

The campaign — All Together Downtown Dartmouth — will be a turning point for the area, according to Tim Olive, the commission's executive

director.

"It's all in the messaging," he said at Monday's lunch-hour launch at Alderney Landing.

"We had three different logos, we've had them for 10 or 15 years.... It was confusing for people. I mean, where's the stability? Where's the continuity of message?"

Olive said there is renewed interest in Dartmouth's downtown, spurred by a strong local business community and the \$300-million King's Wharf project. Developers are wondering what else can go in downtown Dartmouth, he added.

"King's Wharf really was the catalyst that sort of everybody started saying wow," Olive said.

"It's hard to believe we've

got two dozen sites downtown, potential development sites. Five years ago we were getting no calls. We're getting calls every week."

Jeff McLatchy, owner of the Celtic Corner who serves as co-chair of the DDBC's board, said the campaign is also trying to combat the negative associations about Dartmouth held by some other communities in the municipality.

"There's always the issue of some of the negative thought process that goes on when you've had a little bit of a run-down period in a downtown core," said McLatchy.

"Whenever we talk about Dartmouth, I try not to even use some of the terms even in just ... because it's an entirely new period."



One of the new posters for the campaign. **PHILIP CROUCHER/METRO**

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NEWS

On the web

Bottom line in robotics

From the maker of the Internet kiss machine comes Shiri, a robotic bum. Nobuhiro Takahashi and his colleagues are testing the limits of human-robot relationships with the responsive posterior that twitches and tenses in response to human contact. Watch at metronews.ca

Mobile news



Now that Michael Rafferty is heading to jail and all details of the case can be discussed openly, legal experts are debating whether the publication ban on Terri-Lynne McClintic's guilty plea had the intended effect. Scan the code for the story.

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Halifax waterfront to step back in time with tall ships

Sheer numbers. Tens of thousands expected for July 19 to 23 event

The wooden boardwalk that stretches three kilometres along Halifax's waterfront will soon look more like the bustling port it once was during wartime, centuries ago.

The city is gearing up for the return of dozens of tall ships this summer and is tying the event to Halifax's role during the war of 1812, when flotillas headed out of the mouth of the harbour to fend off American marine attacks.

Colin MacLean, president of Waterfront Development Corp., says a range of activities on the boardwalk will give visitors a taste of what life was like during the war, while climbing aboard replicas of vessels from the time.

"We're going to re-create a period of time that doesn't exist anymore, in

and around the ships," he said from his office that sits along the popular boardwalk.

"If we get it right, they can walk through a wharf and feel like it's a wharf back in the 1800s, with individuals dressed in that period of time, and then get on ships that are replicas of that period of time.

"It's like going to a good museum and you can feel like you're stepping back in an exhibit. But this is a living exhibit."

The ships, mostly from Canada and the United States, are due to arrive in port on July 19 and stay until July 23, before splitting off to go to various ports throughout the province.

Their journey began last week when ships from the U.S., Canada and France set sail from Savannah, Ga., as part of the Tall Ships Challenge-Atlantic Coast 2012 Race that will take them to stops along the Eastern Seaboard and end in Halifax.

Expectations

- **Visitors.** It's not clear how many people are expected to descend on the waterfront when the tall ships arrive, but the province said there were roughly 94,000 out-of-province visitors and 600,000 visits last time they were in port in 2009.
- **Revenue.** It's estimated that the 2009 event brought in \$32 million, something city officials are hoping to match or best this summer with the 25 or so vessels expected to participate.

The development corporation, which runs the event in Halifax, hasn't announced its schedule of events yet, but MacLean said they expect to include venues along the boardwalk that will feature Nova Scotia food, music and art.

THE CANADIAN PRESS



Halifax, like in 2009, is hosting a tall-ships festival with dozens of vessels set to visit this summer.

RYAN TAPLIN/METRO



Energy Minister Charlie Parker METRO

Tidal energy to reduce fossil fuels

The province has set a target to replace 10 per cent of Nova Scotia's current power supply with tidal energy over the next decade and beyond as part of its vow to reduce fossil-fuel consumption.

The provincial Energy Department released a marine energy plan Monday that is aiming for 300 megawatts of power to be generated from tidal energy by around 2020.

"Harnessing marine renewable energy is certainly

an exciting opportunity," said Energy Minister Charlie Parker.

"It will bring long-term benefits to our province, both in diversifying our energy portfolio and in growing our economy."

The strategy maps out the research, development and regulations needed to develop a marine renewable-energy industry in the province, focusing mainly on tidal energy.

It also sets out general

timelines, with the Fundy Ocean Research Centre for Energy — a government and privately funded testing facility — scheduled to begin work on developing test devices as early as this year.

Barbara Pike, executive director of the Maritimes Energy Association, says the strategy is an important step in the development of the tidal-energy industry.

Tidal-energy experiments in the Bay of Fundy

are part of the province's aggressive bid to generate 40 per cent of its electricity from renewable resources by 2020.

The strategy was based on 27 recommendations made by Bob Fournier, who was hired by the province last fall to lead consultations on the drafting of marine renewable energy legislation.

Parker says the legislation will likely be brought in next spring.

THE CANADIAN PRESS

Health care

Ambulance fees to lower for those in residential care

Nova Scotia is lowering ambulance fees for people living in licensed long-term-care homes and those with reduced mobility.

The fee to take nursing-home and residential-care-facility residents to hospital will drop from \$134.52 to \$50. The fee for people who have reduced mobility and need an ambulance to get to medically necessary appointments will go down

Reduction

\$50

Nursing-home and residential-care-facility residents will pay \$50 instead of \$134.52 to get to the hospital by ambulance.

from \$168.14 to \$100.

The changes take effect July 1.

Health Minister Maureen MacDonald announced on Monday people with low incomes will also be eligible for lower ambulance fees as of Sept. 1.

MacDonald says details on that change will come in August. THE CANADIAN PRESS

Repairs

Bluenose II will sail again soon, captain says

Nova Scotia's historic schooner Bluenose II is expected to return to the water in two months.

A tentative plan released by Capt. Wayne Walters indicates it could be back in the water in early July, though no firm date has been announced yet.

The boat is undergoing a \$15.9-million refit in Lunenburg includes a new



Bluenose II RYAN TAPLIN/METRO

hull, frame and planking. THE CANADIAN PRESS

Politics

Parties disagree over success of legislature sitting

The current sitting of the Nova Scotia legislature looks to be wrapping up soon.

The sitting, which began in March, will likely end this week.

Unsurprisingly, the leaders of all three political parties have differing views on how it went.

"We got through a budget session, we got done what we needed to

get done," said Premier Darrell Dexter Monday. "All in all, I think it's been a pretty good session."

Not so, according to his opposition colleagues.

"We've seen public education being slashed again," said Liberal Leader Stephen McNeil.

Tory Leader Jamie Baillie referenced high power rates and a possible nurses strike as reasons to keep the session going.

ALEX BOUTILIER/METRO



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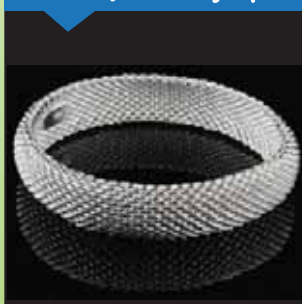
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Dartmouth. Bail denied for man charged in voyeurism case

A 50-year-old Dartmouth man accused of five counts of voyeurism and two counts of break-and-enter will be remaining behind bars.

Barry Edward Sinclair appeared in a Halifax provincial courtroom on Monday for a bail hearing but was denied. He is scheduled to be back in court on May 24.

Police say a search of Sinclair's home turned up drugs and pictures of four women who appear to have been photographed in their homes without



Barry Edward Sinclair METRO

their knowledge.

After police released those photos to the media, three women came forward, ultimately leading to the charges against Sinclair. METRO

Pepper-spray assault. Man targeted in double attacks, police say

Separate attacks on the same man within six hours of each other on Sunday were not random, Halifax police say.

At 3:20 p.m., police say officers were called to the Halifax Shopping Centre after the victim had been assaulted with pepper spray. A man known to the victim was arrested a short time later and

is facing charges including making threats and unrelated weapons offences.

Then, at about 9 p.m., the same victim who was pepper-sprayed contacted police again to say he had been assaulted by a man known to him. The suspect was arrested and is facing weapons-related offences. METRO

Murder trial. Man who admits to killing fiancée says it was an accident

A jury in Liverpool has heard that a man accused of murdering his fiancée said during a videotaped police interview that he killed her but it was an accident.

Jamie Leopold has pleaded not guilty to second-degree murder in the death last April of Laura Lee Robertson.

The 33-year-old is heard telling police during a recorded interrogation played to the jury on Monday that he struck Robertson once in the neck while in bed on April 13, 2011, and killed her.

Body recovered

- Jamie Leopold led police to the body on the morning of April 27.

Leopold told police he hit Robertson because she bit his penis during a sexual act at their apartment in Liverpool.

He later told police he wrapped Robertson's body in a blanket and took it to the woods near Greenfield.

THE CANADIAN PRESS

Country concert

Johnny Reid set to fire it up Wednesday night

Tickets are still available to see Canadian country-music star Johnny Reid at the Halifax Metro Centre on Wednesday at 8 p.m.

Seats range in price from \$33.25 to \$68.25 and are available through Ticket Atlantic.

Carolyn Dawn Johnson is the opening act.

METRO



Johnny Reid

CONTRIBUTED/MIKE PELESHOK



Former Yarmouth priest Albert LeBlanc, standing next to a sheriff in the Yarmouth provincial courthouse, pleaded guilty on Monday to assaults that took place over a period of more than 10 years. TINA COMEAU/YARMOUTH VANGUARD

Ex-priest pleads guilty to sexual assault

Publication ban.

The identities of the victims, who ranged in age from seven to 11 when they were abused, were not revealed

Charges pending

- Defence lawyer J. Gilles Lemieux said Monday that he hopes the Crown will stay the remaining charges against Albert LeBlanc.

Emotions were high in a Nova Scotia courtroom on Monday as a former Yarmouth priest entered guilty pleas to six counts of indecent assault, some dating back to the late 1960s and early 1970s.

The family and friends of the six victims — all grown

men who were young boys when the crimes were committed — applauded in the Yarmouth courtroom as they heard the guilty pleas against Albert LeBlanc.

"He is aware of the potential penalties, potential sentences. He is also aware that pleading guilty is an

admission of every element of the infractions alleged by the Crown," said LeBlanc's defence lawyer J. Gilles Lemieux.

LeBlanc, 83, from Bouctouche, N.B., left the priesthood in Yarmouth in 1973. Afterwards he worked as a caseworker with Family and Children Services and then as a probation officer.

The six charges to which LeBlanc pleaded guilty would fall under the umbrella of sexual assault today, but at the time the offences were committed, sexual assault did not exist in the Criminal Code. It was called indecent assault.

The guilty pleas — one for each victim — were to offences committed between 1964 and 1970, between 1972 and 1975 and between 1980 and 1982.

In April 2010 the RCMP launched an investigation and LeBlanc was arrested at his home in January 2011.

At first he was charged with 40 counts of indecent assault and gross indecency, but that number later climbed to 50.

For now, the remaining charges before the court have been adjourned until LeBlanc's sentencing on Aug. 17.

TINA COMEAU/YARMOUTH VANGUARD

Students mourn classmates killed in crash

Students at Sydney Academy were mourning the loss of two of their own on Monday, after a deadly weekend car crash.

Fergus Tyler MacKinnon, 17, and Matthew Gerard Fitzgerald, 15, died at the scene of a single-vehicle accident on Kings Road.

High-school principal Kevin Deveau said some students and staff members were distraught upon arriving at school.

He said classes went ahead after a statement about the tragedy was read to students. Teachers were also told to



Fergus Tyler MacKinnon

CONTRIBUTED



Matthew Gerard Fitzgerald

CONTRIBUTED

keep an eye on any student having a difficult time dealing with the deaths.

A 10-member crisis-intervention team consisting of guidance counsellors and social workers with the Cape

Breton-Victoria Regional School Board was sent in to speak with students privately or offer group support.

"It's a tragedy. The students were known ... by most in the school. Everybody has

a connection to somebody here," Deveau said.

He said the crisis-support team will return to the school on Tuesday if there's a need.

The crash, which took place shortly after 3 a.m. Saturday, destroyed a fire hydrant, two utility poles and a steel crosswalk-signal post before coming to rest on its side in the middle of the street.

Cape Breton police say the boys stole the sport-utility vehicle only minutes before the collision. They believe speed was a factor. The investigation is ongoing.

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Palestinian prisoners in Israel to end hunger strike

Deal for prisoners.

The agreement ends a standoff that left some clinging to life; thousands demonstrated

Hundreds of Palestinian prisoners agreed Monday to end a long hunger strike after winning concessions from Israel to improve their conditions and limit detentions without trial.

The two sides announced the agreement resolving a standoff that united Palestinians behind one of their most emotional causes.

The deal ended one of the largest prison protests ever staged by Palestinians.

Two men had refused food for 77 days, the longest ever Palestinian hunger strike, leaving them in life-threatening condition, according to their supporters.

With the Palestinians set to hold an annual day of mourning on Tuesday, both sides were eager to wrap up a deal to lower tensions.

The Palestinian people are marking what they call the "nakba," or "catastrophe,"

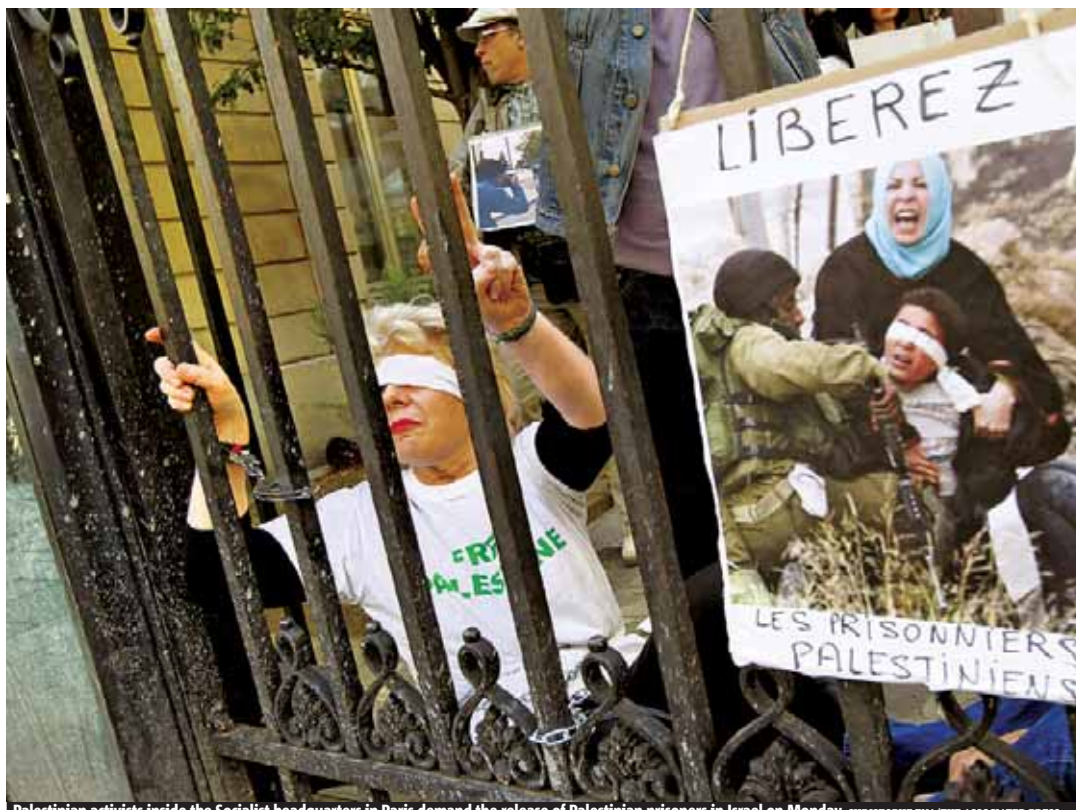
Prisoners win concessions

The Palestinians won key concessions in the deal mediated by Egyptians, including more family visits and limits to a controversial Israeli policy that can see people imprisoned for years without charge.

- In return, Israel extracted pledges by militant groups to halt violent activities, and prevented the potentially explosive scenario of prisoners dying of hunger.
- Two men launched the strike on Feb. 28 becoming the longest ever Palestinian hunger strikers. At least 1,600 other Palestinian prisoners — more than a third of the prison population — joined the strike on April 17.

the term they use in describing the suffering that resulted from the establishment of Israel, 64 years ago.

The deal for prisoners was signed on Monday afternoon. Egyptian mediators brokered the deal. **THE ASSOCIATED PRESS**



Palestinian activists inside the Socialist headquarters in Paris demand the release of Palestinian prisoners in Israel on Monday. CHRISTOPHE ENA/THE ASSOCIATED PRESS

Police investigate mobster's remains in basilica



Pietro Orlandi, brother of missing girl Emanuela, arrives at Sant' Apollinare Basilica, in Rome, Monday. ROBERTO MONALDO/LAPRESSE/THE ASSOCIATED PRESS

Forensic police swarmed the crypt of a Roman basilica on Monday to exhume the body of a reputed mobster as part of an investigation into one of the Vatican's most enduring mysteries.

Investigators were looking into the 1983 disappearance of the teenage daughter of a Vatican employee.

Medical experts took samples from the remains of Enrico De Pedis and also took boxes of old bones from the nearby ossuary, according to a De Pedis family lawyer, as part of the investigation into

whether Emanuela Orlandi may have been buried alongside him.

Orlandi was 15 when she disappeared in 1983 after leaving her family's Vatican City apartment to go to a music lesson in Rome.

Her father was a lay employee of the Holy See.

De Pedis, a member of Rome's Magliana mob, was killed in 1990.

His one-time girlfriend has reportedly told prosecutors that De Pedis kidnapped Orlandi, and an anonymous caller in 2005 told a call-in

television show that the answer to Orlandi's disappearance lay in his tomb.

Amid a new push to resolve the case, the Vatican said last month it had no objections to opening the tomb.

Orlandi's brother, Pietro, who was at the scene, said samples from De Pedis' body had been taken for further tests and the tomb re-closed.

He said the corpse was in relatively good condition, but there was only one body — that of a male — inside the casket.

THE ASSOCIATED PRESS

Strange crypt

Speculation has long swirled around the location of De Pedis' tomb, since he is buried alongside important Catholics — an unusual final resting place for a reputed mobster.

- De Pedis' casket is expected to be moved to another location for reburial.

Poison plot?

China dismisses Dalai Lama's reported allegation

China accused the Dalai Lama of being deceitful Monday after he reportedly alleged that Chinese agents trained Tibetan women to assassinate him

by planting poison in their hair or scarves for him to touch during blessings.

The Chinese Foreign Ministry said the Tibetan spiritual leader's allegations were not worth refuting. Hundreds of thousands of people take pilgrimages each year to northern Indian town of Dharmasala, where the Dalai Lama lives.

THE ASSOCIATED PRESS



The Dalai Lama, Tibetan Buddhist leader, in London on Monday. SANG TAN/THE ASSOCIATED PRESS

Afghanistan

Leader mourned

Hundreds of people on Monday mourned the death of a Taliban official who had reconciled with the Afghan government and was working for peace. A gunman in a car assassinated Arsala Rahmani on Sunday.

THE ASSOCIATED PRESS

Mexico

Drug cartels fight over smuggling routes

Authorities worked Monday to identify the 49 people found mutilated and scattered in a region near the U.S. border in the town of San Juan.

THE ASSOCIATED PRESS

Newark airport

Staffer arrested

A security supervisor at the Newark, N.J., airport has been arrested on a charge he was using the identity of a murdered New York City man. Charged is Bimbo Olumuyiwa Oyewole known as Jerry Thomas.

THE ASSOCIATED PRESS



Plane crash survivor Andreas Rasch from Denmark is helped by rescue workers. SANTOSH POKHARAL/THE ASSOCIATED PRESS

15 dead after plane crashes into Himalayas

A plane crashed into a mountain in the Himalayas while trying to land at an airport in northern Nepal on Monday, killing 15 people and injuring six, some critically.

It was carrying two pilots and a flight attendant — all Nepalese — along with 16 Indians and two Danish citizens, both of whom survived, officials said.

Television footage showed the Danes being taken inside a hospital in the nearby city of Pokhara, the man being led on foot and the woman crying in pain as she was carried on a

Quoted

"We were thrown around. The seats were unfastened and we were squeezed between seats and bodies."

Emilie Joergensen, plane crash survivor

stretcher.

The plane was turning to land at Jomsom Airport when it crashed, said Laxmi Raj Sharma, chief government administrator in the area.

It broke into pieces but did not catch fire. Sharma said an initial investigation indicated the Dornier aircraft, which belonged to the local Agni Air company, might have had technical problems.

Rescue was swift because the plane crashed just a few metres from an army camp at Jomsom.

The Danish tabloid Ekstra Bladet said it spoke to the Danish passengers by phone at the hospital and identified them as Emilie Joergensen and Andreas Rasch.

THE ASSOCIATED PRESS

Saskatchewan

Bodies from plane collision recovered

An official with the Transportation Safety Board says the bodies of five people killed in a mid-air collision over Saskatchewan have been recovered.

Peter Hildebrand says the investigation into what happened Saturday in the sky over St. Brieux, northeast of Saskatoon, is proving difficult.

THE CANADIAN PRESS

Fiery crash. Three killed in B.C. float-plane accident

Three people are confirmed dead in the crash of a float plane that went down as horrified onlookers watched it burst into flames in southern British Columbia.

"Our information is that, tragically, none survived the accident," Transportation Safety Board spokesman Bill Yearwood said Monday.

He confirmed the de Havilland Beaver aircraft went

down just before 7 p.m. Sunday, only minutes after takeoff from Okanagan Lake, near the community of Peachland, 25 kilometres southwest of Kelowna.

The aircraft was heading to its home base of Pitt Meadows, about 40 kilometres east of Vancouver, when it slammed into a steep, wooded hillside along Highway 97C and caught fire. THE CANADIAN PRESS

RCMP acted appropriately during G20, watchdog says

G20. Commission commends Mounties for planning and action during violent protests at summit in Toronto last June

The RCMP acted in a "reasonable and appropriate" fashion during the Toronto G20 summit marred by violence and mass arrests, says the watchdog that keeps an eye on the national police force.

In its long-awaited investigation report, the Commission for Public Complaints Against the RCMP says there were no incidents of unreasonable force by the Mounties.

It also found RCMP planning was thorough, placement of security fencing justifiable and intelligence-gathering done with attention to the rights of demonstrators.

In addition, there was no indication that RCMP undercover operators or event monitors acted out of line or as agents provocateurs, the

commission says in its report released Monday.

G8 leaders gathered in scenic cottage country near Huntsville, Ont., in late June 2010 before joining other politicians for the G20 summit in downtown Toronto.

Municipal police officers were responsible for most of the frontline street duties at the G20, but the RCMP was a key player in summit security planning, co-ordination and protection of foreign visitors.

Though Mounties were involved in three incidents of kettling — or boxing in — protesters, contrary to RCMP policy, they acted reasonably on orders of the Toronto police in charge, according to the commission report.

Still, it recommends better co-ordination between the RCMP and other forces at future events, as well as clear operational guidelines to avoid any confusion.

"While we found that on balance it was well done, we certainly found that there was room for improvement," said Ian McPhail, interim commission chairman.

THE CANADIAN PRESS

Complaints

Alleged human rights violations

The Canadian Civil Liberties Association said media, human-rights monitors, protesters and passersby were scooped up off the streets during the G20 event.

More than 1,000 people were taken into custody — the largest mass arrest in Canadian history — while only a small number of violent participants did considerable damage to shops and cars in Toronto.

Detained people were not allowed to speak to a lawyer or to their families, the association maintained.

Arbitrary searches took place in numerous Toronto locations, peaceful protests were violently dispersed and the police disregarded the constitutional rights of thousands, the group claimed. THE CANADIAN PRESS

Meeting Notice

Nova Scotia Power and municipal officials from the Halifax Regional Municipality are forming a committee to discuss electrical service reliability. Committee meetings are open to the public and we invite you to attend.

Where: Delta Halifax, 1990 Barrington St., Bluenose Ball Room

When: May 17, 6:30pm to 8:30pm

More information: www.nspower.ca/reliability

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Banking. Guidelines set for mobile payments

Canada's financial institutions say they've developed voluntary guidelines for mobile payments that will work with technology already in place.

The Canadian Bankers Association says the guidelines are designed to work with the same security standards used by chip-enabled credit and debit cards and using the same hardware employed for non-touch cards.

The guidelines were developed by Canada's major banks and credit unions, although analysts say using smartphones as surrogate wallets to pay for purchases is still a few years off. **THE CANADIAN PRESS**

Canadians confident in job security

Economic climate.

Survey suggests 75 per cent are 'extremely secure' about their jobs; but one in three are dissatisfied with their career progression

A new survey of employees suggests tough economic times are taking a toll on career paths and job satisfaction. The survey conducted by Harris-Decima Research on behalf of Ceridian Canada suggests there are significantly more workers than last year who believe they will not be getting a pay boost, bonus or promotion in the next year.

And four in 10 say they believe their employer is using the bad economy as an excuse to deny them a promotion or more money.

The level of dissatisfaction

was somewhat surprising given that on the question of whether respondents felt secure in their job, 75 per cent said they were "extremely secure" or not concerned about losing their job.

John Cardella, Ceridian's vice-president of human resources, points out that 27 per cent of the respondents who said they were unsatisfied had left their job as a result.

Harris-Decima polled 800 employed Canadians in early March. Eighty-five per cent of the 800 polled say they don't expect a promotion for another year, compared to 39 per cent in 2011, and 43 per cent say they don't expect a salary increase, compared to 27 per cent 12 months ago.

Overall, 31 per cent expressed dissatisfaction with their career progression, eight percentage points higher than a similar survey conducted in 2011.

THE CANADIAN PRESS



Japan taking a turn for the robotic

Robots make Yaris compact sedans at a Toyota plant in northern Japan in this 2011 file photo. Canon Inc. is moving toward fully-automating digital camera production in an effort to cut costs — a key change being played out across Japan, a world leader in robotics. It's not simply the stereotype of machines snatching assembly-line jobs from workers — if successful, counting on machines could help preserve Japan's technological power, Canon spokesperson Jun Misumi said Monday. **KOJI SASAHARA/THE ASSOCIATED PRESS**

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Safety

Feds investigate Hyundai Elantra

Federal safety regulators are investigating a complaint that a car owner's ear was cut in half when a side air bag inflated in a Hyundai Elantra. **THE ASSOCIATED PRESS**



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CATS AND THEIR CURIOUS APPEAL



SHE SAYS...
Jessica Napier
metronews.ca/shesays

I take a lot of flak for being a "cat person." Over the years, cats have been stigmatized as antisocial creatures favoured by spinsters and compulsive hoarders. If dogs are man's best friend,

cats are like a weird creepy aunt you try to avoid at dinner parties.

In actuality, cats are quietly cool creatures. Dogs are needy companions desperate for your affection, whereas cats are a low-maintenance alternative. They won't leap against you when they enter your home or mount your leg in an unwelcome bout of excitement. They're independent and effortlessly playful in a way that doesn't scream, "Look at me! I'm trying so hard!"

Nowhere is the unintentionally comical nature of cats more evident than online. The Internet LOVES cats. Cat videos are almost as pervasive as pornography, and the comical lolcats meme has a devoted fan following. If you own a computer, there's no doubt you've seen these humorous image macros, which combine photos of felines with misspelled and grammatically incorrect captions.

Saucer of milk, Table 2

In Japan and other Asian countries, these domestic pets have found a new place in public life thanks to the increasingly popular cat cafés. The cafés charge a time-based cover fee for a beverage and a couple of hours' playtime with cuddly calicos and tenacious tabby cats.

Recently, Kate Miltner from the London School of Economics earned international attention for her 98-page dissertation on the popularity of lolcats. Miltner spoke about her work at the Massachusetts Institute of Technology earlier this month during an Internet culture conference. That's right, a scholarly discussion about funny cat pictures happened inside the walls of MIT.

In Japan and other Asian countries, these domestic pets have found a new place in public life thanks to the increasingly popular cat cafés. The cafés charge a time-based cover fee for a beverage and a couple of hours' playtime with cuddly calicos and tenacious tabby cats.

For many urbanites, full-time pet ownership is out of the question. If you work long hours and live in a highrise with restrictions on animals, spending time with rented felines is a convenient alternative.

The cafés attract men and women of all ages who are eager to hang with cats while enjoying their food and drink purrr-chases. Some establishments even cater to specific tastes, diversifying their offerings by breed, colour and weight.

For allergy sufferers and germaphobes, a café full of prowling cats might seem like a complete nightmare. But if you hasten to roll your eyes and compare visiting a cat café to brunching in the elephant enclosure at the zoo, you're missing the point.

Cities are lonely at times, and cat lovers can find themselves alienated in a culture that tends to favour canines. You have your leash-free dog parks, we can haz our cat cafés.



Kitty coffee shops are all the roar. BRUCE BENNETT/GETTY IMAGES

Hello, this is your pilot sleeping



Aviation safety

Angry pilots tired of proposed law

Pilots say they're literally losing sleep over new job rules. More than 300 airline pilots and cabin crew from across Europe protested Monday outside the European Aviation Safety Agency in Cologne, Germany, over a proposed EU law on working hours that trade unions claim could lead to increased air fatigue. **METRO WORLD NEWS**

Pilots' view



"The proposals are not based on scientific evidence. Twice we have recommended changes and twice they have rejected them."

Philip von Schöppenthau, secretary general of the European Cockpit Association (ECA)
The ECA claims the latest draft law is "insufficient to protect passenger safety and reflects the airlines' commercial demands rather than scientific recommendations."

Agency's view



"No one has a monopoly in science.... These proposals are based on the best practice available."

Dominique Fouda, safety information and communications officer at the EASA
Fouda told Metro that discussions on the proposals are "still ongoing" and "two rounds of public consultation, including comments from pilot groups" have been considered for the proposed law.

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80%
AGAINST: THAT'S CRAZY SAUCE!

20%
FOR: THE WORLD'S A SCARY PLACE

Microchipping kids: the best way to keep them safe or helicopter parents spinning out of control?

Twitter

@rickmercer: Just met Tom Mulcair in Halifax airport. Travelling alone to NF, no entourage. Clearly its all gone to his head.

@janovascotia: Congrats to all businesses and organizations who participated in #OpenCity this weekend. Very creative and successful event! #Halifax

@siogallagher: Leaving Halifax forever & ever today. Dave & I said goodbye to this

city in the best way possible: we got routine from Willy's last night.

@VulgarViking: First day of taking by bicycle to work. Halifax drivers hate sharing the road. Even a police officer was shaking his head at drivers!

@MattyChisholm: Pretty stoked to see that Mike Savage is leading the polls overwhelmingly so far for Mayor. I think he's gonna be great!

2

SCENE

Scene in brief

Premiere

Actor Chris Hemsworth has two things to celebrate. He was at the world premiere of his new movie *Snow White* and the *Huntsman* Monday night, with co-stars Charlize Theron and Kristen Stewart in London. And it's his first red carpet event since becoming a dad. Hemsworth's partner, Elsa Paraky, has given birth to a daughter named India. The Australian actor says he's really happy in his new role as a father — just a little tired. In *Snow White* and the *Huntsman* he plays a less paternal role, as the huntsman who is sent to kill the fairy tale princess (Stewart) by the wicked queen (Theron).

THE ASSOCIATED PRESS

On the web



Fox moves *Glee* to Thursday, turns Tuesday into comedy night



Brooklyn Decker isn't just a pretty face — the former *Sports Illustrated* swimsuit model has been landing plenty of acting gigs. HANDOUT

Brooklyn Decker toughens up for role in *Battleship*

Action-acting 101. Model-turned-actress had to prove her mettle in front of director Peter Berg

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Metro World News in Hollywood

After making the jump from modelling to film with the Adam Sandler comedy *Just Go With It*, Brooklyn Decker has been getting something of a crash course in moviemaking. And her latest, the big budget alien invasion film *Battleship* — based loosely on the board game — provided some particularly physical lessons.

"I was shooting another movie at the time, and I actually got a set of sides and was told that Peter Berg was directing and I couldn't see a script because it was very secretive at the time," she says, noting that Berg — director of films like *Hancock* and *Friday Night Lights* — was enough.

"At the mention of the name Peter Berg, I wanted to audition for it. And so I sent in a tape from location, and then I went to L.A. and auditioned for it three times after that. And then finally I got to actually read with Pete. And I think he wanted to see how tough I was."

How tough are we talking? Let's just say that, to hear Decker tell it, Berg has a rather unique directing style.

"He's known for having a

way with directing actors," she says.

"I mean, he'll put himself on the line to make sure he gets what he wants from you in a scene. There were times when he would be screaming along with me, there were times when he would fire a machine gun off in the bushes to get a reaction he wanted."

While Decker's character doesn't actually spend any time on the water, director Berg, for his part, doesn't think that makes her any less important to the story.

"*Battleship* has a lot of different elements, and Brooklyn is a huge plot of the film that has nothing to do with ships," he says.

"She's on land fighting for her life with a double-amputee. It's this crazy duo. Brooklyn

Action-packed?

Decker just wants good characters

So with an action flick under her belt, is Decker looking for more explosions or heading back to comedies? (She also has the explosion-free *What to Expect When You're Expecting* due out this Friday.) "You know, I just want to

play really good characters and work with really good directors," she says.

"For example, if you look at all the female characters in Pete's movies, they're so dynamic. You never see a woman in his movies play the damsel in distress. He usually makes women really well-rounded, and if I get a chance to continue playing characters like that, I'll be a very, very happy lady."

plays a physical therapist with this wounded warrior from the military, and to me that's a huge part of the film. What's happening on sea is a huge

part of the film, the global reaction's a huge part of the film, Obama's a huge character in the movie — his reaction is a part of it."





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Chronicle

Director. Josh Trank

Stars. Dane DeHaan, Alex Russell, Michael B. Jordan

• • • • •

A spooky lo-fi sci-fi tale of power corrupting, in which director Josh Trank and screenwriter Max Landis display enough raw talent to suggest better things to come. Introverted Seattle teenager Andrew (Dane DeHaan) has a plan for dealing with bullying at home and school, plus the mental stress of his mother's terminal illness: he'll document it all with the absurdly large camera he's just bought. The filmmakers don't need the Blair Witch-style found-footage conceit. It's become both a crutch and an annoyance. Chronicle would still captivate without it, especially when you have a cast as strong as this one.

PETER HOWELL



Rampart

Director. Oren Moverman

Stars. Woody Harrelson, Ben Foster, Sigourney Weaver

• • • • •

LAPD Rampart division cop Dave Brown (a brilliant Woody Harrelson) has such a large chip on his shoulder, it's a wonder he can stand. From behind his aviator shades and constant smirk, Brown views the world the same way Rampart director Oren Moverman sees the urban landscape: bleached of colour and definition. Accused of being racist, Brown angrily replies: "I am not a racist... I hate all people." Brown is a chauvinist, but he lives in the same home as his two ex-wives, two sisters whom he's fathered children with. He's a tragic figure, almost Shakespearean in his inability to see the morass he's fallen into, which gets deeper by the minute.

PETER HOWELL

Van Winkle keeps his remarks on 'ice' on Canada Sings

Season two premiere. Judges face tough decisions in amateur singing competition for charity

IAN GORMELY
scene@metronews.ca

Season two of Canada Sings, where teams of everyday Canadians compete for a chance to win \$25,000 for their favourite charities, premieres tonight. Judges Vanilla Ice (aka Rob Van Winkle) and new addition and former Lady Gaga choreographer Laurieann Gibson recently sat down with Metro to chat about the new season.

What made you want to return for a second season?

Van Winkle: I came back because season one was magical.

But the charity is a big part

of why I'm here in the first place. I was pumped that they called me for season two.

What drew you in, Laurieann?

Gibson: When you do this in real life, like I creative-direct, you do one reality show and you become really cautious about that line, that reality line.

But when I found out what the show was about, I was like, "Wow, how incredible."

This being an amateur competition for charity, do you find it difficult to make judging decisions?

Van Winkle: It makes our job hard. I'd much rather be on a Simon Cowell show where it's like, "Well, that sucked." On season one, I didn't get it. For the first couple of shows, you have to get in there, marinate and figure it out.

Gibson: [The competitors] want to know that they did the best that they could do,

and that an expert was like, "Oh my goodness, that felt like a Grammy performance." It's so empowering.

So as judges, you do have to pull your punches a bit.

Van Winkle: We hold back, but deliberations, which they filmed this year, nobody else is supposed to hear that. We hope they didn't throw us under the bus too bad. We know they're not professionals. We could critique the heck out of them and point out the

flaws. But we're here to see the journey these people went on to come out of the work environment to put on a great show for a good cause.

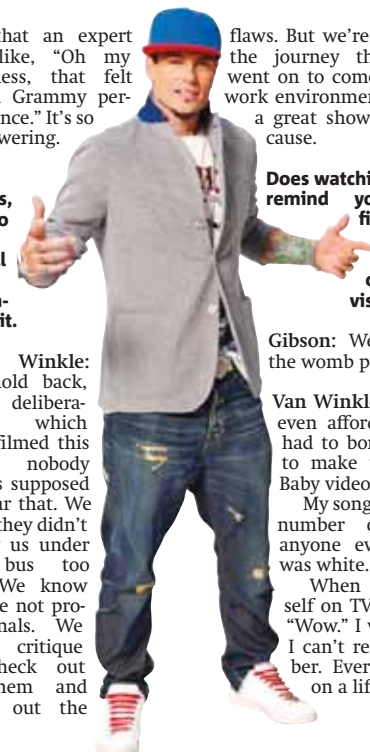
Does watching them remind you of your first time performing on television?

Gibson: We came out the womb performing!

Van Winkle: I couldn't even afford a video. I had to borrow money to make the Ice, Ice Baby video.

My song was already number one before anyone even knew I was white.

When I saw myself on TV, I was like, "Wow." I was only 16. I can't really remember. Everything took on a life of its own.



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Adele

Rumour has it: Adele prefers to keep a low profile

She may have a best-selling album that has earned her eight Grammy awards, but there's one part of success that Adele wishes she could avoid all together. "I don't want to be a celebrity. I don't want to be in people's faces," she tells Matt Lauer during an interview for the Today show. "I've managed to stay out of the public eye. The other day I walked through Trafalgar Square on a Sunday afternoon, a tour-

Quoted

"I don't want to be a celebrity. I don't want to be in people's faces."

Adele

ist haven. I was a bit worried — I was in my pajamas as well because I had been working the day before — (but) nobody recognized me."



Jessica Simpson

Jessica Simpson's baby is a fashionista thanks to mom

Jessica Simpson is loving being a new mom, though having a baby at home as led to at least one new problem: "I'm addicted to buying headbands with massive flowers for Maxwell on Etsy," Simpson posted on Twitter about her newborn daughter. "She is in-

sanely beautiful, I can't help but play dress-up." Online shopping addictions aside, a source close to the family says Simpson is knocking it out of the park when it comes to parenthood. "Jessica is doing great and is really happy," the source tells Us Weekly.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Hit me baby: Britney joins X Factor



THE WORD
Dorothy Robinson
scene@metronews.ca

Simon Cowell and L.A. Reid finally have some company at The X Factor judges' table. At their upfront presentation yesterday, Fox confirmed the rumors that Britney Spears and Demi Lovato have signed on to the singing competition's second season. Lovato is a harmless relief, considering

Miley Cyrus' vacant little smirk was in the running. And in theory, Spears makes perfect sense: she's a former high-profile star ready for a comeback, especially one with some disaster insurance. But, even though we've watched her make Starbucks runs in her pajamas, we can't say with certainty that we've ever heard Britney Spears talk.

Tyson Beckford bares all

Tyson Beckford doesn't want you to watch his sex tape, but it's not because he's embarrassed about it. After a tape of him performing solo hit the market, the former Polo model took to Twitter: "Don't even faze me. We all do it, just mine got caught on film," he said of the footage, which was intended for the sparkly eyes of a fellow model friend.



Drew Barrymore ALL PHOTOS GETTY IMAGES

June wedding likely for Drew Barrymore and her beau

Drew Barrymore hasn't been very vocal about her plans, despite having a fiancé and a growing baby bump, but if a recent shopping excursion is any indication, her wedding to Will Kopelman is on its way, ac-

cording to Us Weekly. Barrymore recently visited a Manhattan bridal shop — with her future mother-in-law in tow — and was spotted trying on veils. Barrymore is expected to tie the knot next month.



John Travolta

Travolta debacle continues as one accuser opts for private trial

There will be no public trial for at least one of John Travolta's accusers, as both sides have agreed the case should be heard by a private judge behind closed doors in mediation, according to Radar Online. The accuser in question was the second of four

to come forward in the past week claiming inappropriate behavior by the Grease star during a massage. "Lawyers for both sides are working on the ground rules for the evidence and procedure about about how the mediation will proceed," a source says.

Twitter



@ElizabethBanks

It's fine to have a nutter butter for breakfast if it's from bouchon bakery, right?



@SimonCowell

As the moon is so close to the earth I think it's making a few people go nuts. Good news is it's not close for long - my thought for the day



@lindsaylohan

sorry! doing a bunch of things on the internet at once!!! xo



@ConanOBrien

I'm just like the Hulk, except when I'm mad, I get dry mouth.



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Bonnie Munday
Editor-in-chief
Best Health Magazine

Walking is like a miracle vitamin, because doing enough of it is guaranteed to help you drop a clothing size, banish blue moods, help you get more sleep, slash your risk for heart disease and cancer, and spice up your sex life.

Best Health magazine has just come out with a book called the Swap & Drop Diet, and in addition to its ideas about how simple food swaps that can really add up over time to weight loss, we included an all-important section on walking for fitness.

It's not just Dr. Oz who recommends getting 10,000 steps a day: ParticipAction does, too, right here in Canada. And so does our Swap & Drop Diet. The reason for that magic number is that research proves walking at this level will burn enough calories to reduce the risk of obesity and chronic disease.

The easiest way to reach that 10,000 number and beyond is to wear a pedometer. Once you see how many steps your regular day adds up to, begin to gradually increase that number by 300 to 600 steps a day.

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The 'OMG Diet' fact vs fiction

Venice Fulton. Sport scientist's bestselling e-book promises to get you skinnier. We asked a doctor if the program is healthy enough to trust

ROMINA MCGUINNESS
romina.mcguinness@metro.lu

Summer is fast approaching, leaving you little time to achieve beach-body perfection. But sports scientist and author Venice Fulton warns that a restrictive diet promising rapid weight loss isn't the answer. "People need a diet that will preserve long-term health and the only way we can do that is by making them experts in understanding how food and their life interact," he says.

Combining nutrition, biochemistry, genetics and psychology, Six Weeks to OMG promises you'll shed the pounds. Curious, we asked nutritionist Dr. Carson Liu to weigh in on the plan.



Skip breakfast

Eating a morning meal around 10 a.m., instead of breakfast increases fat burn: "Skipping breakfast allows you to burn off excess body fat as it's the one time in the day your system is running on empty and moving around," Fulton says. Ideally, you should eat three hours after you wake.

What the doctor says: No way! Eating breakfast helps you lose weight and prevents you from binge-eating at dinner.

Drink black coffee

Caffeine promotes weight loss by boosting the central nervous system by stimulating the fight or flight response using adrenaline. This forces fat cells to empty their contents into the blood and these free fatty acids are then transported to your muscles and used as fuel. This only works if you're drinking on the go, warns Fulton.

What the doctor says: Yes! The caffeine in coffee increases metabolic rate and suppresses appetite.



Focus on satiety

We tend to overeat carbs when we should be having no more than a 40-gram portion with each meal. Size wise, that's the equivalent to a stack of four iPhones. Protein (any source) should take up half. Just don't restrict yourself. "The minute you restrict something from your diet, the more obsessively you will focus on it," adds Fulton.

What the doctor says: Yes! Cutting a certain food from our diet will only make us crave it.

Sleep in

Big sleepers are slimmer and generally healthier than those that survive on little sleep. You must wake up refreshed, claims Fulton. "Deep sleep lets the thyroid reset itself and get to full speed once you wake. When your thyroid is high, your metabolism at full pace."

What the doctor says: Yes! Sleep also helps keep stress hormones from adrenal glands down.

Go skinny-dipping

Take a 15-minute cold bath in the morning. "Cold water makes the body panic, shifting your metabolic rate into overdrive as heat production is increased in order to protect the core organs," says Fulton.

What the doctor says: Yes! Exposing the body to cold temperatures does increase metabolic rate.

Fulton's Top 3 diet tips

1 No more cheat days: You can't be strict on yourself at all times, but cheat meals/days mean you risk becoming obsessed with treats and you may overdo it.

2 Hunt and wait. Move around for 15 minutes before eating a meal. This will prime the body to receive the food.

3 Control cellulite: Our skin can be damaged by too much sugar. Improve skin by eating carbohydrates in moderation.

Superfood

Berries fuel brain new study reveals

A recent study shows that berries help keep your brain sharp. Researchers at Brigham and Women's Hospital in Boston found that older women whose diet included a high intake of flavanoid-rich berries (such as strawberries and blueberries) could delay memory decline by 2.5 years. **METRO WORLD NEWS**

3

LIFE

On the web



Blue Jays starter Brandon Morrow and country singer George Canyon urge diabetic kids to chase dreams

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Funnyman McKenna on a mission to show Lupus is no laughing matter

Speaking out. Veteran comic actor gets serious about raising awareness of disease affecting Canadians

CELIA MILNE
life@metronews.ca

Patrick McKenna, one of the funniest guys on Canadian television (perhaps best

known for playing the ultra-nerdy, buck-toothed Harold Green in the long-running Red Green Show), is helping raise awareness for a decidedly unfunny topic — lupus. Lupus has been a shadow

Lupus at a glance

- Lupus often mimics many other illnesses.
- Lupus affects nine times more women than men.
- The cause of lupus is unknown.
- Symptoms include: joint pain and swelling; fatigue; unusual reaction to sunlight; rash; sores in the mouth; chest pain; swollen feet and weight gain.



Comedian Patrick McKenna STEVE RUSSELL/TORSTAR NEWS SERVICE

in McKenna's life because his mother, who is now 75, has had the disease for about four decades. The family didn't know what it was for many years; her symptoms were baffling. "She just generally felt like she wasn't herself," says McKenna. "We only knew that she couldn't go out in the sun and didn't like standing in lineups."

Lupus is a serious disease, but tricky to diagnose. It has been dubbed "the disease of a thousand faces" because symptoms differ so widely from person to person. Until recently, the disease was very isolating. "People suffered in silence. There was not a lot of vocabulary around it," McKenna says.

McKenna and fellow comedians Colin Mochrie and Debra McGrath are helping Lupus Canada raise the profile of the disease.

"If there is awareness, then there is discussion and if there is discussion, there are answers," he says.

Lupus is an autoimmune disease, meaning that the body's immune system, which is designed to fight foreign invaders, turn inwards and attacks the body's own cells.

The resulting inflammation can occur in many different places — the skin, muscles, joints, blood vessels, lungs, heart, kidneys

or brain.

While there's nothing comical about any of this, McKenna hopes that people with lupus find comfort from each other as they connect and tell their stories. "Tragedy plus time equals comedy," he says. "Right now, we're still in the tragedy part. The funny will come."

There are walks to raise awareness of lupus all over Canada. Go to walkforlupus.ca for more information.

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Department of Family Medicine

**Camphill Family Medicine Clinic
CLOSING MAY 24**

Mumford Clinic Team 1	Mumford Clinic Team 2	Spryfield Clinic Team 3	Spryfield Clinic Team 4
Dr. Janet Veinot-Nash	Dr. Sue Atkinson	Dr. Lynn Bussey (Locum Dr. Mandy Irvin)	Dr. Kathleen Horrey
Dr. Barry Clarke	Dr. Costa Apostolides	Dr. Alethea Lacas (Locum Dr. Megan King - July 10th start)	Dr. Gerry Brosky
Dr. Carolyn Thomson	Dr. Fred Burge	Dr. Diane Delva	Dr. Anna Neumann
Dr. Joanna Zed	Dr. Greg Archibald	Dr. Richard MacLachlan	Dr. Preston Smith
Dr. Fiona Bergin	Dr. Helena Piccinini-Vallis	Dr. Karen Clarke	Dr. Chris McKenna
Dr. Stewart Cameron	Dr. Nandini Natarajan	Dr. Jock Murray	Dr. Jennie Leverman
	Dr. Amy Gillis (Locum Dr. Matt Grandy - July 1st start)		

We are closing the Camphill Clinic on May 24, and reopening at the Mumford Professional Centre on May 29

Physicians at the Camphill site will either move to the Mumford or Spryfield Clinics (see above for your Physician's new location). For more information, please visit dalfamilymedicine.blogspot.ca or call 473-4700.

We appreciate your patience during this transition and look forward to seeing you at the new clinic!

Dalhousie Family Medicine, Mumford Clinic, 6960 Mumford Road, Halifax. 902-473-4700
Dalhousie Family Medicine, Spryfield Clinic, 16 Dentith Road, Halifax. 902-473-1234

A lunchtime spot blooming with tasty homemade options



Club House Sandwich (\$6.95), VALERIE MANSOUR



LUNCH RUSH
Valerie Mansour
life@metronews.ca

The Blooming Café has been in Spryfield for four years, and I finally notice it.

Dishes are homemade and listed on the wall. I'm encouraged to try the fishcakes (\$6.99), so why argue? These are two delicious traditional fishcakes, nicely browned, with a fresh fish flavour and bits of potato and onion.

I virtuously decline the pan-fried potatoes for a fresh salad of lettuce, cu-

cumber, tomato, carrot, peppers and broccoli.

My pal enjoys the Club House Sandwich (\$6.95) although he is forewarned that the turkey is processed. The cheese tastes processed as well, but the bacon is real.

A bit of a throwback, but it's actually a tasty and satisfying sandwich.

We take some gingerbread (\$3.50) home to share with friends. It has a rich gingery flavour and the accompanying lemon sauce is zesty and scrumptious.

The Blooming Café is a homey little place with friendly owners who earnestly invite you to return.

Visiting the restaurant

The Blooming Café

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Phone. 407-8835

Rating. 3.5/5

Price range. \$\$

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Quick solo lunch. Yes

Peanut Butter & Honey Power Sticks. Perfect for a good breakfast on the run

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1. In a large bowl, knead together corn flakes, peanut butter, skim milk powder and honey until well combined. Form into 6 sticks and wrap individually in wax or parch-

Ingredients

- 125 ml (1/2 cup) chunky peanut butter
- 150 ml (2/3 cup) corn flakes
- 75 ml (1/3 cup) instant skim milk powder
- 45 ml (3 tbsp) liquid honey



ment paper. Store in an airtight container.

THE CANADIAN PRESS/ WEIGHT WATCHERS/ ADAPTED BY EMILY RICHARDS

(PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA)



MAY 15, 2012

BRING YOUR CAMERA

We're inviting people all over the world to help create something historic. Send a message to the future from your life on May 15. Your pictures will be preserved for future generations and shown in a stunning website. A thousand images will be selected for a book and exhibitions touring the world. Everybody is welcome. Read more at aday.org. Let's picture the world. Together.

Founding partner



Advice

When nature calls, don't answer



CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Recently I read an article in a publication offering social advice and the question was "Is it correct to excuse your-

self from the dinner table to use the toilet?"

After reading the writer's comments, I was rather incensed at the sarcasm and lack of detail of the article. So I have decided to address this particular question myself.

Firstly, there is a rule about leaving the table: adults should not leave unless it is an unavoidable circumstance.

I think it is important to not just know a rule, but



You should only go to the restroom before, or after, your meal. iStock

also to understand the reason it exists. So here are the

five reasons why one does not leave the dinner table.

1. It is not appropriate to ever leave the table to use the toilet during a meal, unless it is urgent — either go beforehand or hold it in.

2. When you leave the table, technically everyone at the table should stop eating or at least slow down and wait for you to return, thus everyone's food is getting cold and this disrupts the flow of the meal.

3. Although most people wash their hands in the restroom, the thought of a

toilet and food one after the other is just not appealing.

4. A gentleman never leaves a lady alone at the table, if at all possible.

5. In the event that you must leave the table, do not ever leave your dinner napkin on the table.

It should be left on your chair, traditionally the seat, however for hygiene reasons, it is more common to leave it either on the back of the chair or the arm of the chair.

Tweeting is equivalent to sex: Study

Social media.

Research shows that people who talk about themselves have similar brain reactions to those who engaged in eating or sex

MICHELLE CASTILLO

Metro World News

Earlier this month Kanye West's fans learned which clothing styles he hated — whether they cared or not. With each 140-characters-or-less statement, the award-winning rapper and questionable fashionista shared his opinions on the outfits he saw around New York.

"I hate button-up shirts with hoodies," West tweeted. "I hate hoodies with sports coats," he added. "I hate sports coats with button-up shirts, jeans and dress shoes," he stated.

This isn't the first time West has let people know exactly what he was thinking, including the day when he provided, in excruciating detail, his decision to buy a bike. West's and other celebrities' propensity to share intimate details of their personal lives online might be rooted in science.



Go ahead, boast about yourself. iStock

A new study in the Proceedings of the National Academy of Sciences (PNAS) shows that people who talk about themselves had similar brain reactions to those who engaged in eating or sex. People were even willing to give up money in order to keep talking about themselves.

In other words: Boasting about our everyday lives gives us as much pleasure as doing "primary awards" or basic needs activities.

We all need feedback

"The thousands and thousands of responses, the degree of intensity to that person, it must

be very confirming of their importance. It pushes people to want to get that kind of feedback and notoriety," Dr. Phil Muskin, chief of consultation-liaison psychiatry at Columbia Psychiatry in New York, told Metro World News.

Dr. David Rubin, a psychiatrist at NY-Presbyterian/Weill

Cornell & Columbia believes it's not just a new-media problem that makes it seem that celebrities — and many of us — share too much of themselves online. Even in our day-to-day lives we are aware of people who overshare information about themselves. Twitter, Facebook and blogs are simply a

new medium to do it in — and it's much easier since you don't have to do it face-to-face. According to the PNAS study, four out of five postings on social media sites are about a person's immediate experiences.

Freedom from restraint

"It gives people freedom from the restraints of social etiquette, professionalism and the freedom from reactions, letting them divulge more, Rubin said.

"(Fans) can play the role of the friend... People are gathered together to read the mundane aspects of one of their 'friend's' lives. It takes it up a notch and creates some pseudo-connection," Rubin explained.

It also helps that by simply tweeting a statement, there's no immediate negative feedback. That doesn't mean one doesn't eventually have to face consequences. But, because there's no instantaneous chastisement for posting something that isn't politically correct, so the poster feels like anything they feel like saying they should say, Muskin commented.

So, celebrities who tweet about themselves — and your friends who unnecessarily detail every moment of their lives on Facebook — don't necessarily have big egos: They may just enjoy the simple pleasures of life much more than most of us.



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A look at the pitfalls of financial infidelity



'Hmm... That's interesting... I don't recall buying tickets to a hockey game in Montreal.' ISTOCK IMAGES

Spending and lying. It starts with a little fib about a big purchase. Next thing you know, your relationship is in tatters



YOUR MONEY
Alison Griffiths
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One of my favourite blues CDs include tunes from the first half of the 20th century. They're sung by big-voiced women and mostly about lyin', cheatin', no-good men. In one song, the singer vows to cut her man "wide and deep" if she catches up to him.

I was playing the CD recently when I realized that while the theme of the songs was infidelity, it wasn't always about another woman, but rather money. "You took my money and you run, run, run/I'm gonna hunt ya down and you'll be

done, done done."

Financial infidelity is as old as the other kind. And often, like the other kind, it starts relatively innocently — a small lie about a purchase or a deflection about a debt. At its worst, as television producer Carol Ross Joynt writes about in her 2011 book *Innocent Spouse*, one partner has a completely secret financial life. After her successful and wealthy restaurateur husband died suddenly of pneumonia, she discovered he owed \$3 million to the IRS.

Most financial infidelity doesn't have such monumental consequences but if you are the victim, uncovering unpaid bills or a hidden cache of cash can slice through a relationship as effectively as an affair.

More than 23,000 people responded to recent survey by Today.com and Self.com revealing that 37 per cent of men and 56 per cent of women have lied to their partner about money.

A similar survey conducted in 2009 by Credit Canada Debt Solutions for Credit Education Week Canada indicated that there is considerable lyin' and cheatin' going on between partners about money.

To prevent your relationship from foundering on the rocks of financial infidelity, here are a few basic rules to follow:

1. Each person should have

Is ignorance really bliss?

A look at who's spending and telling in relationships:

- 28%. Check with their spouse on every single purchase
- 6%. Never tell their spouse what they spend on anything. (April 2012, Today.com/Self.com survey)

some 'fun money' completely separate from the household accounts.

2. Even after making a stupid purchase, reveal the true price to your partner.

3. If conflict over money is longstanding in your relationship, consider marital counselling to get to the heart of the problem.

4. If you are feeling victimized financially, ask yourself if you are actually enabling the other person.

5. If you are hiding money because you don't trust your partner's financial management skills, try credit counselling through a reputable organization such as Credit Canada Debt Solutions (creditcanada.com.)

Alison's money rule

"Financial infidelity is as damaging to a relationship as an affair."

House hunting

Home-buying pressure doesn't always result in diamonds



FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
Twitter @Lesleyscorgie

These days I find myself glued to my inbox waiting with great anticipation for the dingle of my next property-match email. Will it be 'the one'?

I sold my house and officially have 45 days to be out. Given the short timeframe, I feel a lot of pressure to buy. I've visited over 25 listings and still haven't found the right place. But I'm not going to cave and settle for a so-so property.

I find home hunting similar to selecting a life partner. You gather together your must-have criteria and begin the search. Under pressure, it's tempting to compromise on certain aspects of your criteria, like price or square footage, but that's rarely a good idea.

A miscalculated choice can result in too much debt, unhappiness, a mediocre location or poor resale ability.

There are three home-buying criteria that can have a particularly large financial impact.

Location

Location is cited as the most important criteria for determining a home's value. Consider the proximity to downtown, commute times, access to transit, schools, grocery stores and bicycle paths. At a street-specific level, avoid high traffic, noisy roads or places that have awkward accessibility.

Pick a desirable neighbourhood where homes sell at consistent fair prices and in reasonable timeframes.

House Price

Be realistic. Does your desired square footage, in a hot location, translate into a \$2-million home when you can only afford \$500,000? Overextending your borrowing will result in home poverty; not being able to afford anything but the mortgage payment. Compare prices in your desired location to ensure you don't overpay and put your equity at risk.

Condition

A proper home inspection



Don't settle for a house you only have lukewarm feelings about. ISTOCK IMAGES

tion can determine if the property is in rough shape. An inspector will look for cracks, mould, dampness, plumbing issues and other costly items that compromise the structural integrity of the property.

Major issues tend to result

in unforeseen expenses and can decrease the value of the home, so steer clear.

If the aesthetic condition isn't to your liking, determine whether there's room to add value (for limited cost) by renovating the bathroom, kitchen, painting, updating

fixtures or replacing flooring.

A house purchase is a huge personal and financial commitment. Don't settle for second-best.

Stick to your criteria and find something that's just right for you.

the 9 spot

Top 5: May 14th

- 5 Carly Rae Jepsen Curiosity
- 4 Maroon 5 Ft Wiz Khalifa Payphone
- 3 One Direction One Thing
- 2 Calvin Harris Feel So Close
- 1 Justin Bieber Boyfriend

Weeknights at 9
Tessa counts down the **HOTTEST 5** songs that day!

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4

SPORTS

NFL

NFLPA to air grievances over Saints ruling

The NFL players' union grievance against the league in the Saints bounty scandal will be heard Wednesday. The union claims commissioner Roger Goodell doesn't have the authority to hand out discipline for player conduct that occurred before the current collective bargaining agreement was finalized last August. The players argue that a CBA arbitrator, and not Goodell, has the right to decide player punishment under such circumstances, as well as rule on any appeals. **THE ASSOCIATED PRESS**

Mobile news



After going 14 of 30 (.467) with two doubles, nine homers and 18 RBIs last week, talk has begun as to the historic heights Texas Rangers slugger Josh Hamilton could reach this season. If he is able to stay on this seemingly-impossible pace all year, Hamilton could have more than 80 homers and 200 RBIs. Scan the code for the story.

Football

Ryan King vies for spot on Eskimos roster

Saint Mary's Huskies alumnus Ryan King could be in line for a CFL job with the Edmonton Eskimos after the retirement of Taylor Inglis.

Inglis, the Eskimos' long snapper for the past seven seasons, called it a career last week and leaves a wide-open competition for his job when Eskimos training camp opens on June 1.

The Eskimos selected King in the fifth round, 38th overall, of the CFL draft earlier this month.

"The big thing about getting in the CFL is timing, especially with a position like this," the Sherwood Park, Alta., native told the Edmonton Journal. "It's pretty rare for a spot like this to be open. I couldn't have scripted it any better ... me finishing school and this being my draft year."

King said he has been training with Inglis — his former junior teammate with the Edmonton Wildcats — in preparation for camp.

"He's been working with me a ton lately too, just to help me make the transition," King said.

King last played for the Huskies as a linebacker in 2010, piling up 24 tackles, an interception and a sack. He was an Atlantic University Sport all-star selection in 2009.

Another ex-Huskie, Reed Anderson, and Peter Thiel are also in the mix for the job, according to the Edmonton Journal.

MATTHEW WUEST/METRO



Tennis

Power victorious at the Boat Club

Halifax's Jamie Power won Tennis Nova Scotia's first open tournament of the season at the St. Mary's Boat Club on the weekend. Power defeated Lauchlan Ewald 6-3, 6-2 in the men's final.

He also took the mixed doubles title with Amy Sherlock. Carol d'Entremont of Halifax claimed the women's title. **METRO**



UFC fighter T.J. Grant trains at the Fit Plus mixed-martial-arts gym in Cole Harbour last month. **RYAN TAPLIN/METRO**

'I'm ready for him,' says UFC's Grant

MMA. Cole Harbour fighter returns to octagon on Tuesday for first fight in more than seven months



MATTHEW WUEST
matthew.wuest@metronews.ca

T.J. Grant is ready to show the UFC world how much he's improved.

The 28-year-old mixed martial artist from Cole Harbour is set to return to the octagon for the first time in more than seven months on Tuesday night when he takes on Carlo Prater in Fairfax, Va., in a lightweight bout as part of UFC on Fuel TV 3.

Because of illness and in-

Quoted

"He's definitely not going to get an easy one with me. I'm ready, 100 per cent."

Cole Harbour UFC fighter T.J. Grant

jury, Grant — who had never gone more than five months between bouts — has only fought once over the past 17 months.

"It's been too long, really, only fighting once in a year and a half," Grant said. "I've made a lot of improvements over that time and it's just unfortunate I haven't gotten a chance to show it. I'm looking forward to being healthy and putting on a good performance."

Grant's biggest setback in that stretch came when he sprained his elbow while training for a Dec. 30 bout as part of UFC 141 in Las Vegas. That fight would have been the biggest of his career, but he was forced to spend more time on the sidelines to make sure there were no lingering issues with his elbow.

He made a commitment to physiotherapy and various treatments and ignored the urge to rush into his next fight.

"I've got to be smart about my career and preparing for a fight and not being able to train 100 per cent, even 75 per cent, is not something you want to do in this game,"

Win-loss record

T.J. Grant's UFC fight card:

- Win vs. Ryo Chonan, UFC 97, April 18, 2009.
- Loss vs. Dong Hyun Kim, UFC 100, July 11, 2009.
- Win vs. Kevin Burns, UFC 107, Dec. 12, 2009.
- Loss vs. Johnny Hendricks, UFC 113, May 8, 2010.
- Win vs. Julio Paulino, UFC 119, Sept. 25, 2010.
- Loss vs. Ricardo Almeida, UFC 124, Dec. 11, 2010.
- Win vs. Shane Roller, UFC Live 6, Oct. 1, 2011.

to refine his approach based on the experience he's gained through seven UFC fights.

"Everyone talks about athletes coming into their prime and that window where your body's still good and you're wiser.... That's where I am," he said. "I'm a lot wiser, I'm training hard and I'm just getting better every day."

Prater, 30, has a 30-10 overall record and won his only UFC fight against Erick Silva in UFC 142 in January.

Grant, meanwhile, is 4-3 against UFC opponents but moved from the welterweight to lightweight for his most recent bout, a win over Shane Roller last Oct. 1. A win Tuesday would give Grant the first back-to-back wins of his UFC career.

"I'm ready for him," Grant said. "I feel I match up with him in a lot of areas. We're very similar, but the difference is going to be we're going to be fighting my fight and not his fight."



For a photo gallery from one of T.J. Grant's training sessions last month, visit metronews.ca

IIHF. Sutter settled in his role with Team Canada

Brent Sutter has completely moved on.

There's been an undeniable enthusiasm radiating from Canada's coach throughout the IIHF World Hockey Championship — a job opportunity that came directly on the heels of a mutual decision to part ways with the Calgary Flames last month.

"With everything that happened there so quickly (it was good) to get away from it and come over and coach a team that's about all the right things," Sutter said Monday after practice. "These guys have all jelled together as a team, the leaders are tremendous team guys, it's a talented group, it's a young group with some experience on it that knows how to win."

"As a coach it's been great."

By coincidence, the invitation from Hockey Canada came the same day Sutter split with the Flames and gave him the opportunity to throw himself directly into a new challenge.

He wasted little time.

It started with phone calls to every player before they departed for Europe and has



Brent Sutter GETTY IMAGES FILE

continued with a unique approach to the tournament. Sutter and assistants Guy Boucher and Kirk Muller made a conscious decision not to overload the players with too much talk of systems and elected to have them skate just a handful of times while opening with six games in nine days.

The team went 5-0-1 over that stretch and needs just one point from Tuesday's game against Belarus to clinch top spot in the Helsinki pool heading to the medal round.

THE CANADIAN PRESS

Weary Rangers gut out Game 1 win over Devils



Rangers' Goalkeeper Henrik Lundqvist and Dan Girardi defend against Dainius Zubrus Monday in New York. PAUL BERESWILL/GETTY IMAGES

NHL. New York scores all three of its goals in the third period

Rangers rookie Chris Kreider and defenceman Dan Girardi both had a goal and an assist in the third period, and Henrik Lundqvist stopped 21 shots for his fifth career playoff shutout, as weary New York opened the Eastern Conference finals with a 3-0 victory over the well-rested New Jersey Devils on Monday night.

Playing just two days after eliminating Washington in a stirring 2-1 Game 7 victory, the top-seeded Rangers hit their home ice again and won their third straight Game 1 of these playoffs. The Devils had been off for five days since they knocked out the Philadelphia Flyers in five games.

Shaking off suggestions they are tired, the Rangers sloged through two score-

Determined Rangers

- No team forced to play seven-game series in each of the first two rounds has gone on to win the Stanley Cup, but the Rangers are determined to be the first.

less periods and pulled out a win with a dominating third period.

The Rangers are in the conference final for the first time since 1997, and they haven't reached the Stanley Cup finals since 1994 when they beat 22-year-old goalie Martin Brodeur and the Devils in a classic seven-game series that backed up captain Mark Messier's guarantee.

New Jersey is making its first conference finals appearance since 2003, the year the Devils won the Cup for the third time.

Game 2 is Wednesday night in New York.

THE ASSOCIATED PRESS

Chief accuser testifies vs. Clemens

Speaking softly, nervously and in detail, Brian McNamee testified about the life-changing moment when, he said, he first injected Roger Clemens with steroids.

The U.S. government's star witness in the Clemens perjury retrial took the stand in Washington on Monday and told the jury that he injected one of baseball's top pitchers with steroids about eight to 10 times when they were with the Toronto Blue Jays in 1998.

"I knew what I was doing was illegal," McNamee said. "I wish to God I could take it back."

Clemens is charged with

Quoted



"I did it because I wanted to help and I wanted to keep my player safe.... I wasn't under the assumption that was the first time he did that."

Brian McNamee, key witness in the Roger Clemens perjury trial.

lying to Congress when he testified in 2008 that he had never used steroids or human growth hormone. The first attempt to try him last July ended in a mistrial when prosecutors showed the jury a snippet of inadmissible videotaped evidence.

McNamee recalled how he met Clemens when McNamee

was the strength and conditioning coach of the Blue Jays in 1998 and how he was asked by Clemens to come to Clemens' apartment in the SkyDome after a game in June.

McNamee said he found steroids, alcohol, needle and gauze laid out in the bathroom. He said he felt "a little uncom-

fortable" while preparing the shot because he'd never done anything like it before.

"Roger pulled down his pants, exposing his right buttocks cheek to me," McNamee said. McNamee said he then "plunged the fluid in into his buttocks."

"That," McNamee concluded, "was the first time I injected Roger Clemens."

McNamee's appearance is essentially the be-all and end-all of the trial. The first four weeks were mostly attempts by prosecutors to show that Clemens might have lied about ancillary things.

THE ASSOCIATED PRESS

NBA. 76ers' Turner turns Game 2 into win in Boston

Evan Turner made the go-ahead layup with 40.4 seconds left and Philadelphia held off Boston with six straight free throws as the 76ers evened their second-round series with an 82-81 victory Monday night.

Turner finished with 10 points and added two free throws with 12 seconds to go. Jrue Holiday scored 18 points and Andre Iguodala added 13, seven assists and six rebounds for the Sixers, who blew a 10-point fourth-quarter lead as the Celtics won Game 1.

THE ASSOCIATED PRESS



Kevin Garnett tries to block a shot by 76ers guard Evan Turner in Boston on Monday. ELSA/GETTY IMAGES

MLB. Official fired after Braun PED decision

Major League Baseball management has fired Shyam Das, the arbitrator who overturned Ryan Braun's drug suspension in February.

MLB informed Das and the players' association of its decision last week.

Das decided in February to overturn the 50-game suspension of Braun for a positive drug test. Lawyers for the Milwaukee Brewers outfielder argued that the collection procedures specified in baseball's drug agreement for the urine sample were not followed with Braun's

Quoted

"For 13 years, from the beginning to the end of his tenure, he served the parties with professionalism and distinction."

MLB union head Michael Weiner's reaction to Shyam Das' firing.

sample last Oct. 1 because it was not immediately left at a FedEx office.

THE ASSOCIATED PRESS



Tough 5th inning sinks Jays

Brandon Morrow reacts on the mound during the fifth inning Monday in Toronto. Luke Scott and Sean Rodriguez each drove in two runs in a six-run fifth inning as the Tampa Bay Rays defeated the Blue Jays 7-1. Morrow was felled in his attempt for his fifth consecutive win when first baseman Adam Lind's error led to the five unearned runs.

FRANK GUNN/THE CANADIAN PRESS

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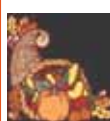
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Crossword

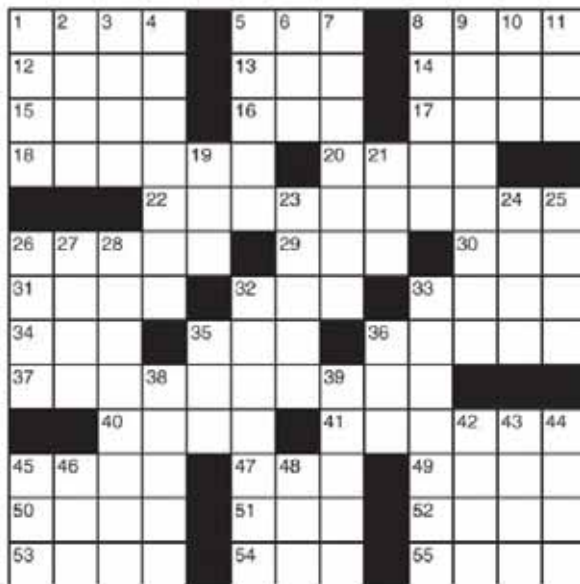
Across

- 1 Fem. counterpart
- 5 Seek damages
- 8 Layer of paint
- 12 List-ending abbr.
- 13 Mess up
- 14 Luau dance
- 15 Zilch
- 16 Compete
- 17 Particular
- 18 Latest news
- 20 Chastity's mom
- 22 1980 Jane Fonda movie
- 26 Collect
- 29 Morning moisture
- 30 Martini ingredient
- 31 Existed
- 32 Spanish literary hero
- 33 Oberlin locale
- 34 Sodom evacuee
- 35 Nosh
- 36 Before
- 37 1984 Goldie Hawn movie
- 40 Metric syllable
- 41 Rough
- 45 Vivacity
- 47 Mainlander's memento
- 49 Disturb
- 50 Poolroom prop
- 51 Moray, for one
- 52 Tittle
- 53 "Planet of the —"

- 54 Firmament
- 55 Portent

Down

- 1 Carte
- 2 Covering
- 3 Hourglass fill
- 4 Wash
- 5 Twilight time, maybe
- 6 Swiss canton
- 7 Put up
- 8 Leader
- 9 Completely
- 10 Pub order
- 11 Highlander's chapeau
- 19 "— the season ..."
- 21 Explanation
- 23 Mrs. Archie Bunker
- 24 Henry —
- 25 Carbon compound
- 26 Piercing tools
- 27 Cat call
- 28 Ruse
- 32 Rooks
- 33 Erie neighbor
- 35 Swelled head
- 36 Venusian vessel
- 38 Crannies
- 39 With aloofness
- 42 Leeway
- 43 Location
- 44 Verve



- 45 Support system?
- 46 Eminem's genre
- 48 "A mouse!"

Yesterday's Crossword



Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

NGAOL DJ MWRFLY YLWXXJ
XZBLN XGOVGAP LABLXZTLN.
TLZTXL ZMRLA XGVL RZ
OWXX FGD W NLWXGAP MWA.
Yesterday's Cryptoquip: IF A FEMALE
MONARCH WERE A FAN OF LOW-QUALITY BEDS,
SHE COULD BE CALLED MARY. QUEEN OF COTS.
Today's Cryptoquip Clue: X equals L.



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

7	1	5	8	4	6	2	9	3
2	8	6	7	9	3	1	5	4
4	3	9	1	5	2	7	6	8
3	5	7	6	8	9	4	2	1
1	4	2	3	7	5	6	8	9
9	6	8	2	1	4	5	3	7
5	7	1	9	2	8	3	4	6
8	2	3	4	6	7	9	1	5
6	9	4	5	3	1	8	7	2

Horoscope

Aries | March 21 - April 20.

The planets urge you to push yourself hard and get tasks and chores out of the way as soon as you can.

Taurus | April 21 - May 21.

You could be a bit too free and easy today, both with your time and with your cash.

Gemini | May 22 - June 20.

You are feeling vulnerable at the moment, and although you hide it well there will be those who sense that you are not at your best. Don't let them take advantage.

Cancer | June 21 - July 22. It's quite possible that your imagination will play tricks on you and make you believe that certain things are going

wrong when, in fact, they are going right.

Leo | July 23 - Aug. 22. You seem to believe that if you don't grab as much as you can right now you will miss out altogether.

Virgo | Aug. 23 - Sept. 22. You may not be able to explain why certain things are happening but there is no reason to get worked up about them.

Libra | Sept. 23 - Oct. 22. Current aspects make you reluctant to take risks, and that's good because you really don't need to.

Scorpio | Oct. 23 - Nov. 21. Where money and business affairs are concerned you must be cautious, because you could easily be tricked

into thinking that you cannot lose out when, in fact, you could lose everything.

Sagittarius | Nov. 22 - Dec. 21. Don't withhold your affections today just because someone has offended you.

Capricorn | Dec. 22 - Jan. 20. Never forget that it's your mind that creates your world. Make it a world worth living in.

Aquarius | Jan. 21 - Feb. 18. Sometimes it pays to be on your guard.

Pisces | Feb. 19 - March 20. What you think is a problem is not really a problem at all.

SALLY BROMPTON



Caption Contest

"Birds without feather, also flock together."

Virender

MATT ROURKE/THE ASSOCIATED PRESS

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APR

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CITY: 8.1L/100KM

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CASH
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